

# County Connection

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## Calendar of Events

### SEPTEMBER

4: Labor Day—Offices Closed

18: BOC Meet @ 6:30

23: Autumn Begins

### OCTOBER

2: BOC Meet @ 9:00

16: BOC Meet @ 6:30

29: Daylight Savings Time End

31: Halloween

### Thought for Sept:

Teamwork: **Bridging our differences builds a strong foundation for progress.**



### Thought for October:

Pride: **A sense of pride in our work inspires spectacular achievements.**

### Bizarre Holidays:

9/6: Fight Procrastination Day

9/27: Crush a Can Day

10/6: Bake Biscuits Day

10/21: Count Your Buttons Day

## Special points of interest:

- Sept. 4: Labor Day—County Offices are closed
- Sept. 22: Pay Day
- Oct. 27: Pay Day
- Oct. 29: Daylight Savings End
- Oct. 31: Halloween

## Welcome New Employees!!

We had a lot of new employees since the last edition of the newsletter, because of the limited space in this section I have placed their names in the Employees News Section.



## Discovering Smart Servings

From: CIGNA

### Avoid Portion Distortion

To many people a serving is the amount of food dished up on their plate. Research has shown that regardless of appetite, people eat more when served larger portions.

#### WHY?

- Increased portion sizes promotes excessive intake at meals.
- We overeat because we eat super-sized portions.
- Adults and kids respond to larger portion size by

eating more.

#### HOW?

- Create small goals to eat appropriate servings at every meal.
- Track your progress and goals. Write a list of the foods most often eaten and then measure the correct serving size.
- Celebrate your healthy changes and share your ideas with others.

#### TIPS

- Imagine that your plate is a wheel.
- When filling your plate more than half to 3/4 of the wheel should be colorful and filled with servings of fruit and vegetables.
- Fill the rest of the plate with other variety of choices.

Thanks to Sallie Smith for providing this information.

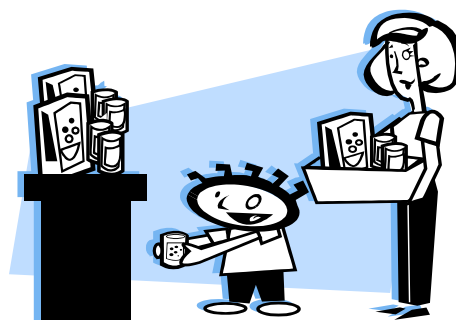
## Meals on Wheels-Volunteers Needed

Meals on wheels needs volunteers on many routes within Caswell County, this would only take one hour per day per month to benefit many Meals on Wheels clients in our community.

Many of our in-town routes would only take 30 minutes of your time.

We depend on volunteers to deliver our meals to many homebound residents we have within the county.

If you would like more information please contact Rita Simon @ 336-694-8955.



## *Kid's Halloween Recipe- Halloween Spider Cake* [amazingmoms.com](http://amazingmoms.com)

**This cake will squirt goop when you cut it!!**

### **BATTER**

1 box white cake mix

4-serving package of green gelatin

### **BLACK FROSTING**

Blue Food Coloring

Chocolate Frosting

### **DECORATIONS**

4 Black Licorice Whips

2 big green gumballs

6 little gumballs



- Prepare cake using two 9-inch round cake pans. Cool.
- Prepare gelatin according to package. (Works best if it is a little on the soft side).
- On a foil-covered cookie sheet, place one cake layer for the body.
- Cut a smaller circle out of the center of the layer. Place this smaller round of cake as the spider's head.
- Fill the hole left in the body layer with gelatin.
- Place the other cake layer on top of the body and trim cake slightly to shape, if desired.
- To prepare frosting: In a mixing bowl, add blue food coloring to the chocolate frosting until black in color. Frost the entire cake black.
- Cut the black licorice whips in half and insert for eight legs. Position the gumballs as eyes.

## Employee and Departmental News



New Employees: Vanessa Chriscoe (Parks), Semond Coleman (Parks), Hilary Dodson (Parks), Rebecca Mishue (Parks), Rita Simon (Meals on Wheels), Arnold Rogers (Meals on Wheels), Laura Nasir (Health), Randy Echols (Parks), LaToya Graves (Parks), Erica Standfield (Parks), Brenda Alston (Parks), Lynn Massey (Parks), Earl Watlington, Jr (DSS), Cynthia Williamson (Jail), and Mel Brown (Parks).

- I would like to thank everyone for your help and cooperation during the Safety

Inspections. Special thanks to the Maintenance Department for all their help in fixing any problems that were found.

## Employee Birthdays

### SEPTEMBER:

Gordon Ballard	DSS
Jason Barrow	Parks
Louise Bendall	Library
Lisa Boggs	EMS
Johnny Carpenter	EMS
Dwayne Doss	Sheriff
Larry Hamlett	Gov't
Mary Harrelson	DSS
Tammy Hodges	DSS
Paula King	Health
Josh Kylander	EMS
John Loftis	Sheriff
Esther Mitchell	DSS
John Murphy	EMS
Michael New	Sheriff
Sonya Patterson	Coop
James Rowell	Sheriff
Kelvin Sellars III	Parks
Sandra Strange	Health

Anne Taylor

Earl Watlington Jr  
Justin Whitfield

### OCTOBER:

Lisa Anderson
Melody Batchler
Thomas Bernard
Keith Bowling
Tonya Breedlove
Shirley Carroll
John Chatman
Stephanie Chatman
Queen Daye
Andy Dodson
Robert Dunkley
Tony Durden
David Folley
LaToya Graves
Beverly Gwynn
Wes Harrington

Jail

DSS
EMS
DSS
CDOT
Tax
Sheriff
DSS
DSS
EMS
EMS
Sec. 8
An. Con.
EMS
Sheriff
EMS
Parks
Main.
911

Mary Jo Henderson	Elections
Hazel Jeffries	Health
Cornelius Lassiter	Parks
Philip Lipscomb	Parks
Jonna Marshall	Health
Nichole McLaughlin	Admin
Casey Moore	Health
Matthew Proctor	EMS
Rita Simon	Aging
Sylvia Slade	DSS
Allen Smith	Parks
Jason Smith	Sheriff
Wanda Smith	Admin
Heather Starr	DSS
Sandra Tate	Health
Kathy Tolles	Insp
Gwen Vaughn	Finance
Melissa Williamson	CDOT
Melondy Yancey	DSS